



# Mosquito Bite Prevention (United States)

Not all mosquitoes are the same. Different mosquitoes spread different viruses and bite at different times of the day.

Type of Mosquito	Viruses spread	Biting habits
 <i>Aedes aegypti</i> , <i>Aedes albopictus</i>	Chikungunya, Dengue, Zika	Primarily daytime, but can also bite at night
 <i>Culex</i> species	West Nile	Evening to morning

Protect yourself and your family from mosquito bites

## Use insect repellent

Use an Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients. When used as directed, EPA-registered insect repellents are proven safe and effective, even for pregnant and breastfeeding women.

Active ingredient	Some brand name examples*
Higher percentages of active ingredient provide longer protection	
DEET	Off!, Cutter, Sawyer, Ultrathon
Picaridin, also known as KBR 3023, Bayrepel, and icaridin	Cutter Advanced, Skin So Soft Bug Guard Plus, Autan (outside the United States)
Oil of lemon eucalyptus (OLE) or para-menthane-diol (PMD)	Repel
IR3535	Skin So Soft Bug Guard Plus Expedition, SkinSmart

\* Insect repellent brand names are provided for your information only. The Centers for Disease Control and Prevention and the U.S. Department of Health and Human Services cannot recommend or endorse any name brand products.

The Eastern Shore Health District recommends protecting yourself from mosquitoes and ticks.

For more information, visit:


[www.zikava.gov](http://www.zikava.gov)



For more information about the Medical Reserve Corps or to Volunteer, visit: [www.vamrc.org](http://www.vamrc.org)

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# ZIKA



## What you need to know.



Zika can be passed from a pregnant woman to her fetus.



Infection during pregnancy can cause certain birth defects.



Zika is spread mostly by the bite of an infected *Aedes* species mosquito.



Zika is not currently found in the continental US. The mosquitoes that can carry Zika are found in some areas of the US.

These mosquitoes are aggressive daytime biters. They can also bite at night.



Because the mosquitoes that spread Zika virus are found throughout the tropics, outbreaks will likely continue.



There is no vaccine or medicine for Zika.

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OF HEALTH  
Promoting & Protecting the Health of All Virginians  
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U.S. Department of  
Health and Human Services  
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